Walking Safety

Walking is a great way to get exercise and enjoy the outdoors. However, kids have a hard time identifying danger and can be seriously injured or killed by cars. In order to help protect kids, parents should teach them safe walking habits.

Walking Injury Facts

- According to the American Academy of Pediatrics, 51,000 children are injured every year in the U.S. while walking.
- More than 5,300 children are hurt enough to have to stay in the hospital.
- Almost 900 children die every year from their injuries.
- Nearly 70 percent of the children killed while walking are boys.

Why are Kids at Risk?

- Young kids have trouble making smart choices about traffic.
- They often act without thinking about the danger of cars.
- They may not look for cars before darting into the street.
- Kids may think that they are faster than the cars.
- Kids often think that if they can see a car, the car can see them.

Safety Tips for Kids

- Obey all traffic laws.
- Walk on the sidewalk and use crosswalks when possible.
- Look to the left, then the right, then the left again before crossing the street.
- Hold an adult's hand.
- Wear bright clothes.
- Always walk, never run in the street.
- If a ball rolls into the street, ask an adult to get it for you.

Safety Tips for Parents

- Teach kids safe walking habits.
- Most kids are not ready to cross the street without an adult until they are at least 10 years old.
- Set limits of where and when they can walk.
- Plan safe walking routes with sidewalks and crosswalks.
- Find safe areas away from the street for kids to play.
- When driving, be alert and slow down.

CIPA Child Injury Prevention Alliance

For more information, please contact the Child Injury Prevention Alliance at (614) 398-CIPA (2472), www.childinjurypreventionalliance.org or info@childinjurypreventionalliance.org
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